

2009
ADIRONDACK ASSOCIATION
AAU KARATE
DISTRICT CHAMPIONSHIP

Saturday was an exciting day for the first tournament of the 2009 Karate Season. The team members have been working very hard almost every Sunday since November, this was evident with the performances the judges and coaches witnessed.

The day started out with all 16+ teen and adult competitors. Leading off this group were:

Krissy Yee and Ali Woller competed in the 16U Advance Division. Both did an excellent job starting out the day, with Krissy earning gold in both Kata and Kumite and Ali, in her first competition, earning silver in both Kata and Kumite. Kellie Carpenter was scheduled to compete, but was unable to due to not feeling well. She was able to get a bi and we look forward to seeing her compete in the next event coming up in May.

Dan Peterson competed in the Adult Intermediate Division and did a great job against a very tough competitor. This was Dan's second season participating in tournament, he received silver in Kata, Kumite and Kobudo short.

Jacob O'Shea and Anthony Pernicario did an excellent job in the 9-12 Novice Division. Jacob earned gold in both Kata and Kobudo long. Anthony had some tough competitors in the Kata, Kumite & Kobudo arena but earned a well deserved bronze in Kobudo long.

Marissa Kirker and Carrie Viscanti were the youngest of our female team with Marissa being just 11 years old, competing in the 9-12 Intermediate Division. Marissa went up against some tough competition in both Kata and Kumite and earned a bronze in both. Carrie, who competed in the 9-12 Advanced Division, also met some tough opposition going 4 rounds in kata, winning 3 of 4 to earn a silver in kata and bronze in kumite.

Brooke Zeller and Colleen Viscanti wound up going head to head in the girls 13-15 Advanced Division. Ultimately, they faced each other only once in kata performing Kurunfa. It was funny to watch who was going to start first, since they were performing the same kata and have practiced it together since the beginning. Colleen, the impatient one, finally gave in and started. Brooked earned a gold in kata and kumite. Colleen competed in just kata and earned silver.

Also going head to head in the 9-12 Advanced Division, were the Burnett brothers, Mike and Mark. They were in a good size division and went head to head in a couple of competitions. Mike earned a bronze in kata and kumite. Mark earned silver in kata and kumite.

The 13 -15 Advanced Division was the largest division of the day, with Zach Lamora, Michael Favreau, & Gabe Stallman. In Zach's division, he had to perform his kata 5 times to earn silver and in Kumite, competed in 4 matches to earn gold. Gabe put up some fierce competition to earn a bronze in kumite. Michael also had some very fierce and determined competition as well in both kata and kobudo. He did an excellent job with the kobudo long weapon, bo, and earned a well deserved bronze.

US Budokai Karate Competition Team also fielded two teams for the Team Kata & Team Kumite events:

In team Kata: Team Budokai (Carrie, Mark & Mike) earned silver.

In team Kumite: Team Budokai (Zach, Mark & Mike) earned a silver.

Many thanks to Shihan Dai Sue, Shihan Dai Rick, Sensei Sue, Senpai Kyle, Mike Takemori & Jeff Kirker for countless hours of coaching and practice, your time, focus and dedication are greatly appreciated.

See you all Sunday for our next team practice - Vince